

**HEIGHT-ADJUSTABLE VOLLEYBALL NET
AND STANDARD SYSTEM AND METHOD**

Abstract Of The Disclosure

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A method for adjusting the height of a volleyball net comprises securing first and second net standards to a support surface. Each net standard comprises a lower post section and an upper post section slidably connected to the lower post section for telescoping movement of the upper post section relative to the lower post section. A net and cable assembly comprises a net and a net-supporting cable. The net has a cable-receiving sleeve at its upper edge margin. The net-supporting cable extends through the cable-receiving sleeve of the net. The method further comprises operatively connecting the net-supporting cable to the upper post sections, tensioning the net-supporting cable to a net-supporting tension which is sufficiently great that first and second ends of the net's upper edge margin does not exceed the elevation of the mid-point of the net's upper edge margin by more than approximately 3/4" (2 cm) when the first and second ends of the net's upper edge margin are at approximately the same elevation, and moving the upper post sections between raised and lowered positions without reducing the tension of the cable below the net-supporting tension.